

OUR PARA SPORT

NAME: **CLASS:**



INTERNATIONAL PARALYMPIC COMMITTEE

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Here's your chance to create a new Para sport. The Para athletes want to play games and activities, with and against others, that are fun, challenging and fair. Think carefully about the Para athletes who will play your game and how you will ensure that everyone can be successful. You can use equipment that is already available, try using low-cost or no-cost equipment, or how about designing and making the equipment? Your instructions need to be simple and easy to understand. Include drawings or photos if you wish.

TICK ✓ THE GAME OR ACTIVITY YOU'RE GOING TO CREATE

- ☐ Adapt an activity or game that you currently play to include friends or classmates with a disability.
- ☐ Make changes to an existing Para sport to create a new one.
- ☐ Create a team game, like goalball, for athletes with vision impairments. Eyeshades will need to be worn by all players; a team game, like sitting volleyball, for athletes with lower limb impairment who use wheelchairs or find it difficult to walk and run. Players should sit on the floor to play the game; a seated target game, like boccia, for athletes with impairments of all four limbs; an activity that requires sighted guides to guide players wearing eyeshades.
- ☐ Research your country's traditional games. Make changes to one of them to include friends and classmates with a disability.
- ☐ Invent a game or activity that can be played by athletes with a disability that requires no equipment.
- ☐ Along with discus, shot put and javelin, the club throw is one of four throwing events contested at Paralympic Games. Can you invent a fifth?
- ☐ Work with students with a disability to create a Para sport suitable for you all to play.
- ☐ Invent a new team game for a specific group of athletes with a disability. For example, vision impairments, lower limb impairments or impairments of all four limbs.
- ☐ Invent a new team game and develop a way of grouping players that allows players with a range of impairments to compete fairly and equitably (e.g. classification system).

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1. **Name of the game or activity** (what great name will you give your game or activity?)

2. **Equipment** (what equipment is needed to play your game or activity?)

3. **How to play** (how is the game or activity organised and played?)

Take a photo or draw a picture of your game in action.

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4. Rules of the game or activity (what are the rules of your game or activity?)

5. How is the game fair for all participants? (Who is the game for? If appropriate, explain the system you've used to group players so that everyone can compete fairly and equitably (e.g. classification system))

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6. Review

What have others said about your game?

How can you develop it further?

YOUR NAME:

YOUR SCHOOL:
